

Compiled Explorer Series #26 - Becoming an Explorer

(Unedited Transcript)

Martin 00:00

My name is Martin Warren. I act as a monitor for many of the Explorer sessions now taking place at the Laboratory of the Monroe Institute of Applied Sciences. Many who attend the gateway voyage program here at the Institute, or those who have listened to our public explorer tapes. Want to know how someone became an explorer, or how they can become an explorer. For most people, it requires more than a desire to explore. It often takes months and sometimes even years of practice. Before an individual can comfortably and consistently achieve the expanded states of consciousness that are necessary for fruitful explorer work in our lab. The following tape excerpts are the results of one person's dedication and commitment to her intent. They helped to demonstrate the process of becoming one of our explorers. HRL first attended a gateway voyage here in Virginia in November of 1984. She was able to spend some extra time here after her Gateway and asked for the opportunity to be the subject in a lab session. She showed promise and we asked her to go home and practice. In her case, she used a close friend to help monitor her practice sessions at home. She was able to return for another lab session in late January of 1985. And a few minutes into the session, a new voice began to speak. Moving on through 19, 20, 21

HRL 01:22

We are now 21 We are going forward we are now in a perception field and we can go forward

Martin 02:21

it's very good. We're here. (This blue voice continued off and on in a strained often hard to understand manner. But it was clearly attempting to open the channel of communication)

HRL 02:58

I have to establish her pattern I believe. Great great amount of time.

Martin 03:26

Very good. Very good, we will simply wait for that for the pattern to be worked out. Finally, at the end of the session, a clear message was delivered.

HRL 04:27

Great adjustment for Helen today. we have been able to achieve this level. However, she is not accustomed to this level and therefore has required much concentration on her part and she needs further to practice in the level of this consciousness Do you understand?

Martin 05:08

Yes, I think you're recommending that, that she practice getting into this state of consciousness where she,

HRL 05:16

this is almost unusual state. She is not accustomed to this level. However, she is quite capable and must practice daily. This is something that she should do every day and she has knowledge of this level. She just needs to practice, she does not always do this. And this is recommended for her, as this must be done on a daily basis. Do you understand? We can achieve much with her assistance. She is capable, and must have this discipline. And it is recommended that she do this daily. Daily, yeah, every day, you must instruct her. She is not accustomed to achieving this level. But now I believe she has knowledge of this and must proceed because we have much to tell you. I know that it is going to take some discipline on her part, but she is willing to dedicate and must receive confirmation of this. Do you understand me?

Martin 07:05

Yes, I understand you quite well. And we will certainly give her that encouragement and instruction. And so whatever support we can provide for her

HRL 07:15

very well.

Martin 07:17

We would look forward then to future contacts with you and she has developed a greater ease with and comfort with achieving this condition.

HRL 07:26

This is so

Martin 07:29

thank you for your help very much. And look forward.

HRL 07:35

Good day,

Martin 07:36

goodbye. A few weeks later, in our fifth session with HRL the voice was becoming more articulate, but there was still obviously a struggle. The following exchange took place at the end of that session.

HRL 07:59

We had much time and adjustment, but it is only an adjustment that we might achieve that which is of the highest nature. It is important that in our transmission that it is established of the highest nature, do you see?

Martin 08:35

Yes, I understand. That is our desire also. But it would seem that we are more in need of your help in this process than you are of ours but we will certainly follow any suggestions you have

HRL 08:53

I will work with Helen in the days to follow. She can learn and she can proceed. she is new to this experience. course you must be patient with her.

Martin 09:23

We shall we shall do that.

HRL 09:26

We shall close for now, if you wish

Martin 09:31

Thank you very very much for appearing and we will plan to continue attempts for clear transmission and communication with you in the future. We did not see HRL for almost six months after that. During that time interval. She was practicing at home and has told us she was working to release her fears of the energy that kept seeking to express words through her body. In our sixth session with her, the voice came through again. Are you at focus 21 would you say? yes Welcome, welcome. That's something you would like to say to me.

HRL 11:26

We wish to say to you we are glad to be with you again. We wish to attend to further develop channel and to proceed with our work which we have come to do. Now we have before you limitation among us control by other forces that continually preparing to stabilize themselves.

Martin 12:39

Yes, we will be patient. After a few minutes, the voice became more stable, but more important. Saturday began a succinct discourse on the eastern concept of Dow and its relationship to creation, creativity and consciousness. HRL It should be noted, has never

studied anything about the Dow. Not only was the channel of communication becoming ever more distinct, but the entity even seemed to show a bemused reaction when I asked for a name to identify it.

HRL 13:33

How you address is not important to us, but we realize important to you. We have you wish to address us, that correct?

Martin 13:59

yes only for our own purposes. Here with wanting to reach you again are talking to ourselves about the message that you have brought. It would help us to distinguish the messengers that come from among what seem to be other entities beyond the physical world.

HRL 14:22

You sometimes they refer to us as Chang. And although I may not always be with you, there are others who are anxious to present to you. Now is this acceptable?

Martin 14:48

Of course that's perfectly acceptable. It will be useful to us even though We understand that it has no real relevance in terms of the reality, as you comprehend it. At some time, it may have no relevance for us. But we operate on names. And maybe that's one of our limitations.

HRL 15:13

We come to you in frequency level, and our most important potential receive message all I now request for you to terminate a session, so that we may allow channels to return to physical body

Martin 33:16

Doing good and thank you, thank you very much. We had a session with HRL The next day, and talking with Chang seemed as natural as talking to an earthly friend. Although the subject matter may have been somewhat different, we look forward to increasingly clear communication with this energy source in the future. So as you've heard, and coming Explorer is not always as simple as it may seem, when you hear the audio tapes of an explorer who has practiced on his or her own and in the lab for quite some time. We don't want to discourage anyone out there from attempting it. We just want you to be aware of what can be involved. We also hope that this gives you a better appreciation for all the fine explorers who are so dedicated and give so freely of their time and effort. That we may all have a clearer understanding of humankind and the potential we all have for exploring other forms of reality.